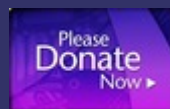




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December 17 - 30, 2013

HSZC.org



Please help support Our Temple,
Dharma Study, Resident Student
Program & Our Practice Programs
for the Public.

**Donations are tax
deductible**

[Public Practice Schedule:](#)

Monday

7:00 am Zazen

7:40 am Morning Chanting Service

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking
meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple

December Sangha e-Newsletter



Yangshan Points to Snow:

Introduction / Pointer:

Ice and frost are one color; snow and moon merge their light. Freezing the reality body to death, purifying the fisherman to the extreme. Is there anyone who can appreciate?

Case

Yangshan pointed to a snow lion and said, "Is there any that can go beyond this color?"

Yunmen said, "At that point I'd have pushed it over for him."

Xuedou said, "He only knows how to push down, he doesn't know how to help up."

Verse

One knocks down, one sets up—the lion in the snowy garden.

Careful about transgression, he embosoms benevolence.

Courageous in action, he sees his duty. Pure light shining in the eyes is like being lost from home—

Turning around in clear purity is after all to fall into that state.

Patchrobed mendicants ultimately have nothing to rely on:
Dying the same, born the same, which is 'this,' which 'that'?

News of warmth bursts the plum—spring comes to cold branches.

cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

Thursdays Study Hour 7:30pm

Saturday

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social



A freezing gale makes the leaves drop—autumn clarifies the runoff water.

[-Book of Serenity, One Hundred Zen Dialogues Tr. Thomas Cleary](#)

We are seeking annual contributions to keep Hartford Street in operation and a refuge to study the Dharma & Practice Sōtō Zen. [Please visit here for more info!](#) We are nearing your last chance to take advantage of the tax deduction for 2013 (end of year)





HIV Meditation Sitting Group
weekly meditation group for those
living with HIV, their friends,
families, community supporters &
anyone who wants to join us!
Thursdays & Fridays

10:30 am zazen
11:00 am garden socializing


Women's Sangha





Lay Initiates from Jukai Ceremony Dec 8th 2013. Henry Matallana (DhammaJoti), Chris Fletcher (TianTong) & Rev Myo Lahey.


Upcoming Events:


 **Dharma Talks** - [Rev. Myō Lahey](#) - Dec 21,28 @10:15am

 **Guest Speaker Saturdays - 2014** Jan 18 [Shosan Victoria Austin](#); Feb 8 [Keiryu Lien Shutt](#); Mar 8 [Rev. Jeffrey Schneider](#); Mar 22 [Shokan Jordan Thorn](#);

 **Full Moon Ceremony - Solstice Ceremony (Celebration of the Returning Sun)** - Saturday, Dec 21, 2013 @ 11am - The Full Cold or Full Long Nights, Moon & 2013 Winter Solstice.

 **Sangha Council** - TBD (Late January 2014)

 **Founder's Memorial** - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

 **Study Hour** - We will NOT be meeting Thursday: Dec 19 or 26. Otherwise

(Women only)

weekly meditation group for women
including guest speakers &
socializing
Tuesdays

7:00 pm - 8:30 pm

Meditation in Recovery

(Men & Women)
weekly meditation group for men &
women in recovery from addiction


Fridays, 7:30 pm - 9 pm


**Women's Meditation in
Recovery**


(Women only)
monthly meditation group for
women in recovery from addiction.
First Thursdays

7:15 pm - 8:45 pm

Thursdays; Book of Serenity, we have books to share, we read together, feel free to drop-in - **Thursdays @7:30pm**

 **New Year Ceremony & Celebration - Dec 31, 2013 @7:30pm - 12:00am Jan 1, 2014:** Sit zazen, temple cleaning, ring the large bell and welcome the new year with us!

 **HSZC will be closed the following upcoming days - Dec 24,25,26 all day;** *Closed Dec 31st until 7:30pm for New year Celebration/Ceremony;*
Closed Jan 1, 2014 - all day and Jan 2nd 2014 morning. *Open 6pm Jan 2nd 2014.*

 **Next Board of Directors' Meeting** - Second Wednesdays of the month:
January 14th 2014 @7:30pm moved from normal rotation to accommodate individuals' schedules. You're welcome to attend & observe.

December marks multiple activities in the Zen Buddhist calendar and Japan's traditional events. Winter solstice occurs on the shortest day and longest night of the year based on the seasonal rotation of the earth, (to occur this Saturday).

The Winter Solstice Festival or The Extreme of Winter (Chinese and Japanese: 冬至; Korean: 동지; Vietnamese: *Đông chí*) (Pinyin: *Dōng zhī*). One of the most important festivals celebrated by the Chinese and other East Asians during the dongzhi solar term on or around December 21 when sunshine is weakest and daylight shortest; *i.e.*, on the first day of the *dongzhi* solar term.

On December 21 or 22nd in Japan on the winter solstice it is custom to take a hot bath in yuzu and eat kabocha

You can buy yuzu and do this at your home, or you can go to onsen, on this day most onsen have yuzu bath available.

Okinawa has its own traditions, influenced by Chinese culture. They offer a type of fried rice called *juushi* (じゅうし). Since it is a special occasion they add a blue potato called ta-mu- in hogen (田芋 or たーむー). All together the offering is called *toujjuushi* (冬至じゅうし)

Rohatsu Sesshin The week between December 1st and 8th is a whole week of intensive zazen. The custom has its roots in the Buddha's own attainment of enlightenment after a week of meditation.

December 8th is the day we commemorate Shakyamuni Buddha's realization of the Way. Following many years of difficult ascetic practice, Shakyamuni sat in zazen beneath the Bodhi tree.

Words From Our Abbot: Rev Myō Lahey

There's these funny ways of speaking in zen. We talk about weird stuff like "The One Who is Not Busy", and sometimes people think that is someone they can go and see. "If I just sit enough Zazen, I'll be able to see The One Who is Not Busy." Or the True Person of no rank is another way to talk about it. The One Who is Not Busy, The True Person of No Rank, those are just Rainbow Bodies. Zen has a particular way of talking about them just as tantra, Christianity or Islam or any of the other traditions that have really looked into the human heart to see what's going on in there.

All of that deep and ungraspable experience emerges through the realm of language and has vocabulary and expressions, so naturally, they don't all sound the same. I am convinced at the ripe old age of 62 that they all spring from the same source. Therefore, we should not be fighting over this stuff. And we shouldn't insist that everybody else use our vocabulary or we will shoot you. This is not constructive and not based on a useful reality at all. If all bodies are Rainbow Bodies, there is a need for mutual care and respect for those bodies.

There is no time for abuse, aggression, spite or so many of those things that come so easily to us. Why? Because of the pervasive myth of sovereignty. It is hard to get away from that stuff. At least I think it is.

[Valley Streams Zen Sangha](#) Dharma Talk November 19, 2013



Jukai Dec 2013 / end of Rohatsu Sesshin: Bruce Boone, Richard Chiofolo, Daiko Tanzen - David Bullock, Chris Fletcher - TianTong



From the Garden - globalstewards.org

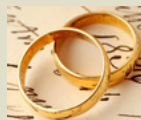
- **Go Zero Waste:** The ultimate goal - learn how at Zero Waste Home.
- **Simplify:** Simplify your life as much as possible. Only keep belongings that you use/enjoy on a regular basis. By making the effort to reduce what you own, you will naturally purchase less/create less waste in the future
- **Determine Your Impact:** The Eco Footprint, Greendex and Water Footprint calculators give you a great way to determine how you are impacting the environment.
- **Reduce Purchases:** In general, think before you buy any product - do you really need it? How did the production of this product impact the environment and what further impacts will there be with the disposal of the product (and associated packaging materials)? When you are thinking about buying something, try the 30-Day Rule -- wait 30 days after the first time you decide you want a product to really make your decision. This will eliminate impulse buying. The free, downloadable Wallet Buddy from The Center for a New American Dream is a great constant reminder to make sustainable purchases (including avoiding unessentials).

- **Replace Disposables:** Wherever possible, replace disposable products with reusable ones (i.e., razor, food storage, batteries, ink cartridges (buy refill ink), coffee filters, furnace or air conditioner filters, etc.).
- **Buy Used:** Buy used products whenever possible.

CONGRATULATIONS to our December Winter Light / Rohatsu retreat (sesshin) participants!

Our retreat vessel opened into the wide world, letting out the light we'd been gathering. It was a wonderful time of quiet togetherness for all, including the one with four legs. Our deep thanks to all participants and supporters, whether near or far. Please join us again as soon as you can.

Hartford Street History: End of Rohatsu Sesshin 2012



Seeking a LGBTQI, Buddhist space for your wedding?
 HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email hszc108@yahoo.com, call us, or a better way yet is to stop in & discuss during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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*Please submit stories, reflections, personal news, artwork & photography for future newsletters to
KeiDo at tetsugen.keido@yahoo.com*

May this newsletter find you well & equanimous! __/__

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